

HEALTH MATTERS

THE CINCINNATI HEALTH
DEPARTMENT NEWSLETTER

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Editor-in-Chief



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DATES & EVENTS

National
Nutrition Month

Brain Injury Awareness
Month

Endometriosis Awareness
Week
Mar. 3 - Mar. 9

Daylight Saving
Starts Mar. 13

St. Patrick's Day Mar. 17



NATIONAL NUTRITION MONTH

FOUR WAYS TO EAT HEALTHIER THIS MONTH

“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices. The Academy encourages using a registered dietitian in order to develop and stick with a healthy eating plan.

1. **Drinking six or more glasses of water a day.**
2. **Choose food over supplements.**
3. **When in doubt, throw some color on your plate, bright greens, vibrant reds, will give you a healthy boost.**
4. **Pack your lunch.**





BRAIN INJURY AWARENESS MONTH

There are more than 5.3 million children and adults in the United States who are living with a permanent brain injury-related disability. That's 1 in every 60 people. If you know someone who is living with brain injury – or if you have one yourself – you know that brain injury is not an event or an outcome. It's the start of a misunderstood, misdiagnosed, underfunded neurological disease. Brain injury is a leading cause of death and disability in the United States. At least 2.8 million Americans sustain a traumatic brain injury (TBI) each year.

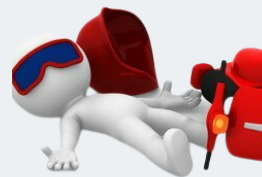
47.9%
are from falls



17.1%
are from being struck
by or against something



13.2%
are from motor
vehicle accidents



8.3%
are from assaults



13.2%
are from other
or unknown causes



ENDOMETRIOSIS AWARENESS WEEK

MAR. 3 - MAR. 9

Endometriosis, or “endo” for short, is a condition that happens when tissue similar to the lining of a woman’s uterus (womb) grows outside of the uterus, according to the Office on Women’s Health. It can cause painful periods, pain during sex, irregular bleeding, digestive problems, infertility, and other symptoms.

Endometriosis affects about 200 million women worldwide and about 1 out of every 10 women in the United States. Yet the disease is often misdiagnosed or missed altogether, says the Endometriosis Foundation of America (EndoFound). The lack of education and awareness is a big reason endometriosis goes undetected.

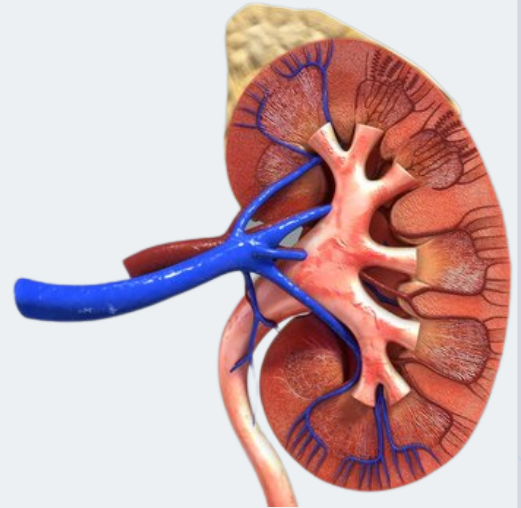


The International Patient Conference 2022 will take place on March 5, 2022. This patient-centered, virtual meeting will equip patients with the tools and information they need to live their best lives with endometriosis.

If you or someone you know would like to attend the virtual seminar, click [here](#) to register

NATIONAL KIDNEY MONTH

The National Kidney Foundation sponsors National Kidney Month in March to promote kidney awareness, prevention, and treatment. Help people in your community build paths to better kidney care using this promotional toolkit from the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). And learn about NIDDK's research efforts to change the way we understand, treat, and prevent kidney disease. Don't forget to check out the Healthy People 2030 Chronic Kidney Disease topic for information on national objectives aimed at reducing chronic kidney disease and related complications.

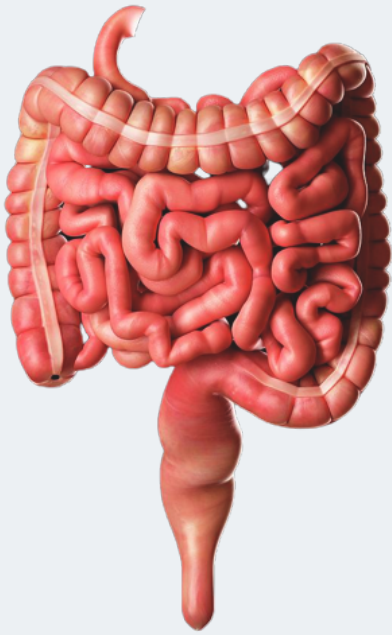


3D model of kidney
cross section

All Americans can do 5 simple things to protect their kidneys:

1. **Get Tested!** Ask your doctor for an ACR urine test or a GFR blood test annually if you have diabetes, high blood pressure, are over age 60, or have a family history of kidney failure. Get screened for free through the National Kidney Foundation's KEEP Healthy program by visiting www.kidney.org.
2. **Reduce NSAIDs.** Over the counter pain medicines, such as NSAIDs (nonsteroidal anti-inflammatory drugs), may alleviate your aches and pains, but they can harm the kidneys, especially if you already have kidney disease.
3. **Cut the Processed Foods.** Processed foods can be significant sources of sodium, nitrates and phosphates, and have been linked to cancer, heart disease and kidney disease.
4. **Exercise Regularly.** Your kidneys like it when you exercise. Regular exercise will keep your bones, muscles, blood vessels, heart and kidneys healthy. Getting active for at least 30 minutes a day can also help you control blood pressure and lower blood sugar, which is vital to kidney health.
5. **Stay Well Hydrated.** Staying well hydrated helps your kidneys clear sodium, urea and toxins from the body. Drinking plenty of water, and avoiding sugary beverages, is also one of the best ways to avoid painful kidney stones.

NATIONAL COLORECTAL CANCER AWARENESS MONTH



3D model of human
intestines

The Prevent Cancer Foundation sponsors *National Colorectal Cancer Awareness Month* in March as a time to promote awareness of the importance of colorectal cancer screening, prevention, and treatment. Use our easy-to-understand MyHealthfinder resource to encourage people to get tested for colorectal cancer — and to find out which test they might prefer. If you're interested in national efforts to reduce new cases of cancer and cancer-related deaths, be sure to review the Healthy People 2030 Cancer objectives. And check out the Centers for Disease Control and Prevention's (CDC) Screen for Life: National Colorectal Cancer Action Campaign, which is dedicated to informing people about the importance of regular colorectal cancer screening for people who are 45 years old or older.



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If you have anything you would
like to share in the newsletter
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